

Challenge to Nutrition Security among Diverse and Vulnerable Populations in U.S. and Canada: Access and Availability to Healthier Foods in a Changing Food Environment

Session Rationale

The development and implementation of interventions, programs, and policies to help low-income and minority adults and children achieve and maintain nutritional security require an understanding of the challenges to healthful eating. Although research has traditionally focused on the role of individual/family level factors in shaping dietary intake, a growing body of evidence supports the importance of food access at the environmental level.

Objectives

The aims of this session are to: 1) Identify community-relevant food sources and store practices that serve minority populations in urban areas; 2) Examine the spatial and non-spatial relationships among food security, dietary intake, and availability of affordable food items in traditional, convenience, and non-traditional food stores in a large rural region of Texas; 3) Describe the use of focus groups and key informant interviews to understand contextual aspects about food and nutrition that are important to rural communities; 4) Describe the validity of measures of availability of food products, and variation in indicators of validity across neighborhood characteristics and categories of establishments; and 5) Identification of mediators and moderators of the relationship between fast food access/density and health outcomes in Montreal.

Session Chair

Dr. Joseph Sharkey, Program for Research in Nutrition and Health Disparities, School of Rural Public Health, Texas A&M Health Science Center, College Station, TX (USA)

Session Speakers

Topic 1: *Poor Access and Availability of Healthy Foods to Rural Adults*

Speaker: Dr. Joseph Sharkey, Program for Research in Nutrition and Health Disparities, School of Rural Public Health, Texas A&M Health Science Center, College Station, USA

Topic 2: *Relationships between Perceived and Objective Food Environments and Dietary Intake in Latino Families*

Speaker: Dr. Angela Odoms-Young, University of Illinois at Chicago, USA

Topic 3: *Perceived and Objective Measures of the Food Environment and the Association with BMI among Low-Income Women in North Carolina*

Speaker: Alison Gustafson, Department of Nutrition, University of North Carolina at Chapel Hill, USA

Topic 4: *Psychosocial factors influencing associations between residential fast-food exposure, fast-food consumption and cardiometabolic risk*

Speaker: Dr. Mark Daniel, Département de médecine sociale et préventive, Université de Montréal, Canada; and School of Health Sciences, University of South Australia, Australia

Topic 5: *Factors impacting preparation and consumption of healthy foods by lower socio-economic families living in Rural America*

Speaker: Dr. Sharon McWhinney, Human Nutrition & Dietetics, Prairie View A&M University, USA